

What's On Guide



**Shuttlewood
Clarke
Foundation**

July

PLEASE NOTE: - Currently places are limited due to Covid guidelines therefore classes in the Activity Centre must be booked and prepaid.

Thursday 1st July

Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 9.30am - Zoom

This chair-based Pilates aims to strengthen the body in an even way, with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility and posture, as well as relieving stress and tension – Booked and prepaid £3 or £4 if joining on the day.

- **Seated Yoga** with Paula - 10.00am - Activity Centre

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing. £3.00.

- **Relaxation** with Paula - 11.30am - Activity Centre

Take the opportunity to improve your sense of wellbeing and inner calm. Enjoy learning mindfulness, meditation and breathing techniques to relax your body and calm your mind - £3.00.

Please call Kathleen on 07860 639693 for more information and to book a session.

Friday 2nd July

Stepping Stones

- **Introduction to essential oils and how to support sleep and anxious feelings** with Rachel C-K - 10.00am – 11.30am – Activity Centre and Zoom

Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression. Come and join Rachel at this fun watch and learn workshop, to discover how you can tap into nature to support yourselves and family both physically and emotionally.

You will learn all about the top 10 essential oils. We will focus on supporting sleep and anxious feelings and learn ways to use them, dilution safety, how you may improve your sleep, reduce aches and pains, support your respiratory system, boost your immune system, and maintain family wellbeing.

Workshop - £3.00 pre booked and prepaid - Booking essential to secure you place.

Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 5th July

Pilates

- **Seated Pilates** with Liz – 9.30am - **Zoom**

This chair-based Pilates aims to strengthen the body in an even way, with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility and posture, as well as relieving stress and tension - Booked and prepaid £3 or £4 if joining on the day.

Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 5th July

Nordic Walking

- **Nordic Walking** with Amanda – 11.00am – **Ulverscroft Grange**

Is a suitable activity for people with joint conditions or those who may be carrying some extra body weight. Tones the upper and lower body at the same time - uses 90% of the skeletal muscle, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints, great for the heart and lungs, ideal for neck, shoulder and back problems. Nordic poles propel the walker along, making it easier to move faster than normal without feeling the effort. Tuition and equipment provided - £3.00

Please call Jess on 01530 244914 for more information and to book a session.

Tuesday 6th July

Shuttlewood Singers

- **Shuttlewood Singers** with Carl – 1.00pm – **Ulverscroft Manor Lawn**

Singing is not technical it is fun! You can sing too!! You will quickly learn the real essentials for singing, which are, how to relax your body, how to breath and how to listen! Singing delivers a host of physical and emotional benefits, including increased aerobic exercise, improved breathing, posture, mindset, confidence, and self-esteem – Whilst restrictions are in place our sessions will take place outdoors, please dress according to weather conditions - £3.50

Please call Helen on 01530 244914 for more information and to book a session

PLEASE NOTE: - Currently places are limited due to Covid guidelines therefore classes in the Activity Centre must be booked and prepaid.

Thursday 8th July

Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 9.30am - **Zoom**

This chair-based Pilates aims to strengthen the body in an even way, with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility, and posture, as well as relieving stress and tension – Booked and prepaid £3 or £4 if joining on the day.

- **Seated Yoga** with Lorna – 10.00am - **Activity Centre**

Gentle movements that focus on strength, flexibility and breathing while helping to develop and nurture a greater sense of wellbeing - £3.00

- **Relaxation** with Lorna – 11.30am - **Activity Centre**

Take the opportunity to improve your sense of wellbeing and inner calm. Enjoy learning mindfulness, meditation and breathing techniques to relax your body and calm your mind – £3.00.

Please call Kathleen on 07860 639693 for more information and to book a session.

Friday 9th July

Design and create (CLASS FULL)

- **Design and Create** - 1.30pm – 2.30pm - **Zoom**

A Group for textile enthusiasts who meet each month to share ideas and have fun with designing & creating - £5.00 Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 12th July

Pilates

- **Seated Pilates** with Liz – 9.30am - **Zoom**

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Monday 12th July

Nordic Walking

- **Nordic Walking** with Amanda – 11.00am – **Ulverscroft Grange**

Is a suitable activity for people with joint conditions or those who may be carrying some extra body weight. Tones the upper and lower body at the same time - uses 90% of the skeletal muscle, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints, great for the heart and lungs, ideal for neck, shoulder and back problems. Tuition and equipment provided - £3.00

Please call Jess on 01530 244914 for more information and to book a session

Tuesday 13th July

Shuttlewood Singers

- **Shuttlewood Singers** with Carl – 1.00pm – **Ulverscroft Manor Lawn**

Singing is not technical it is fun! You can sing too!! You will quickly learn the real essentials for singing, which are, how to relax your body, how to breath and how to listen! Singing delivers a host of physical and emotional benefits, including increased aerobic exercise, improved breathing, posture, mindset, confidence, and self-esteem – Whilst restrictions are in place our sessions will take place outdoors, please dress according to weather conditions £3.50

Please call Helen on 01530 244914 for more information and to book a session.

Thursday 15th July

Health and Wellbeing Support Thursdays

- **Seated Pilates** with Liz – 10.00am - **Zoom and Activity Centre**

This chair-based Pilates aims to strengthen the body in an even way, with particular emphasis on core strength helping to improve muscle tone, balance, joint mobility, and posture, as well as relieving stress and tension -- Booked and prepaid £3 or £4 if joining on the day.

- **Mindfulness** with Emma – 11.30am – **Activity Centre and Zoom**

Zoom from home or join us for a Zoom from the Activity Centre. Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. You will learn simple techniques and activities which help you to: Improve your wellbeing, reduce anxiety and stress, manage your feelings, calm your mind, spend more time in the present

Please call Kathleen on 07860 639693 for more information and to book a session.

Friday 16th July

Stepping Stones

- **Live like a stoic: coping with anxiety** – with Tom Hickingbottom - 10.00am – **Activity Centre and Zoom**

Our mental health recovery group explores strategies and coping mechanisms to help you on your journey to recovery from anxiety and depression.

In this workshop you will learn how the ancient Greeks coped with the uncertainties in life. Have you ever tried your hardest to prevent something bad from happening and then it happened anyway? Well if you tried your hardest, you should have no reason to be upset. The stoics believe that if we centre our attention around our intentions rather than outcomes, we can lead a happy life knowing we lived well, instead of focusing on things outside of our control. With many anxieties in modern life, the practices of stoicism are more relevant than ever, come along to find out how you can live like a stoic!

Workshop - £3.00 pre booked and prepaid - Booking essential to secure you place.

Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 19th July

Pilates

- **Seated Pilates** with Liz – 9.30am - **Zoom**

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Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 19th July

Nordic Walking

- **Nordic Walking** with Amanda – 11.00am – **Ulverscroft Grange**

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Please call Jess on 01530 244914 for more information and to book a session.

Tuesday 20th July

Gentle Yoga Class

- **Gentle Yoga** with Paula – 10.30am – **Activity Centre**

This class provides you with a wonderful opportunity to stretch and re-energize your body in a gentle way. A regular Yoga practice fosters a balanced state of mind, reduces stress levels, and brings harmony into your life. Through gentle postures, breath-work, relaxation, and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided - £5.00

Please call Helen on 01530 244914 to book a session

Tuesday 20th July

Shuttlewood Singers

- **Shuttlewood Singers** with Carl – 1.00pm – **Ulverscroft Manor Lawn**

Singing is not technical it is fun! You can sing too!! You will quickly learn the real essentials for singing, which are, how to relax your body, how to breath and how to listen! Singing delivers a host of physical and emotional benefits, including increased aerobic exercise, improved breathing, posture, mindset, confidence, and self-esteem – Whilst restrictions are in place our sessions will take place outdoors, please dress according to weather conditions £3.50

Please call Helen on 01530 244914 for more information and to book a session.

Thursday 22nd July

Health and Wellbeing Support Thursdays

- **Seated Exercise** with Suky

Improve strength, flexibility and wellbeing with this fun seated armchair exercise class incorporating music and resistance band. You will also learn the Ageless Grace techniques, which exercise both body and brain - £3.00

- **Mindfulness with Emma – 11.30am – Activity Centre and Zoom**

Zoom from home or join us for a Zoom from the Activity Centre. Mindfulness helps us to focus on the present moment. It helps us to acknowledge and be aware of our own feelings and thoughts. You will learn simple techniques and activities which help you to: Improve your wellbeing, reduce anxiety and stress, manage your feelings, calm your mind, spend more time in the present - £3.00

Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 26th July

Pilates

- **Seated Pilates** with Liz – 9.30am - Zoom

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Please call Kathleen on 07860 639693 for more information and to book a session.

Monday 26th July

Nordic Walking

- **Nordic Walking** with Amanda – 11.00am – Ulverscroft Grange

Is a suitable activity for people with joint conditions or those who may be carrying some extra body weight. Tones the upper and lower body at the same time - uses 90% of the skeletal muscle, burns up to 46% more calories than ordinary walking, reduces the pressure on knees and joints, great for the heart and lungs, ideal for neck, shoulder, and back problems. Nordic poles propel the walker along, making it easier to move faster than normal without feeling the effort. Tuition and equipment provided - £3.00

Please call Jess on 01530 244914 for more information and to book a session

Tuesday 27th July

Gentle Yoga Class

- Gentle Yoga with Paula – 10.30am – Activity Centre

This class provides you with a wonderful opportunity to stretch and re-energize your body in a gentle way. A regular Yoga practice fosters a balanced state of mind, reduces stress levels, and brings harmony into your life. Through gentle postures, breath-work, relaxation, and meditation, you will enhance your own wellbeing and become stronger both physically and mentally. This class is suitable for all - Mats provided - £5.00

Please call Helen on 01530 244914 to book a session

Friday 30th July

Monthly Craft Club

- Craft Club – Activity Centre - **Dependent on Government Road Map**

Bring your craft project and enjoy this social, supportive, inclusive, and friendly group (including tea and biscuits)
Telephone Kathleen on 07860 639693 for more information and to book a session.



Ulverscroft Grange

Shuttlewood
Clarke
Foundation

Ulverscroft Grange, Whitwick
Road, Ulverscroft, Leicester,
LE67 9QB (UG)



Ulverscroft Activity Centre

Shuttlewood
Clarke
Foundation

Ulverscroft Activity Centre,
Ulverscroft Manor, Priors
Lane, Leicester, LE67 9PH
(UAC)



Ulverscroft Manor

Shuttlewood
Clarke
Foundation

Ulverscroft Manor, Priors
Lane, Ulverscroft, Leicester,
LE67 9PH (UM)